

# Advancing Behavioral Health: A Transdiagnostic, Technological, and Cross-Cultural Research Framework

**SPEAKER: DR. DUCKHYUN JO**  
**POSTDOCTORAL RESEARCH FELLOW, UNIVERSITY OF HOUSTON**

**Date** : 24 February 2026 (Tuesday)  
**Time** : 10:00am-11:00am  
**Zoom Link** : <https://cityu.zoom.us/j/87538915843?pwd=GAW2zFvctOZYHgBrBYDpbToANkgQhO.1>  
Meeting ID: 875 3891 5843 Passcode: 734393  
**Moderator** : Prof. Ben Li  
**Language** : English

## **Abstract**

This presentation outlines Dr. Jo's research program through four integrative perspectives: orientation, condition, personal context, and technology. First, from an orientation perspective, Dr. Jo examines core processes underlying evidence-based psychological interventions, with a particular focus on mindfulness- and acceptance-based approaches such as Acceptance and Commitment Therapy (ACT). This work aims to understand the structure and function of core cognitive and behavioral constructs that drive psychological flexibility and behavior change. Second, from a condition-focused perspective, Dr. Jo applies cognitive and behavioral models to the assessment and treatment of comorbid mental health and substance use disorders, addressing the complexity and clinical challenges of co-occurring conditions. Third, from a personal context perspective, his research is informed by an idiographic approach, emphasizing individual-level processes and contextualized patterns of change to better capture within-person variability and treatment mechanisms. Finally, from a technological perspective, Dr. Jo integrates modern digital technologies into mental health care, including app-based interventions, metaverse-based environments, and artificial intelligence, to enhance accessibility, personalization, and scalability of psychological treatments. Together, this program of research advances a process-based, context-sensitive, and technology-enhanced framework for understanding and delivering cognitive and behavioral interventions, with implications for both clinical science and the future of digital mental health care.

## **Biography**

Dr. Jo is a postdoctoral research fellow in the RESTORE (Research on Emotion, Substance Use Treatment Outcomes, Rehabilitation, & Empowerment) Lab in the Department of Psychology at the University of Houston. Over the past decade, he has been a dedicated clinical scientist committed to developing and refining evidence-based psychological interventions to alleviate human suffering and promote prosperity. Dr. Jo's research primarily centers on both traditional and modern cognitive behavioral therapy approaches (e.g., acceptance and commitment therapy), applying the models to diverse issues (e.g., co-occurrence of anxiety and stress-related disorders with substance use, health behavior challenges, and physical illnesses) and populations, especially through the use of modern technologies (e.g., metaverse, AI, VR). His scholarly work includes 37 peerreviewed publications (20 as first author), with an additional 16 articles under review, as well as a book chapter. His achievements have been recognized by both an international organization (e.g., 2024 Student Spotlight Award and 2025 Early Career Mentorship Award from the Association for Contextual Behavioral Science) and a domestic institution (e.g., 2024 Outstanding Dissertation Award from the University of Hawai'i at Mānoa; 2025 Research Excellency Award from the University of Texas Health Science Center). Throughout his academic career, he has built and expanded collaborative networks with researchers from institutions across North America, Asia, the Pacific region, and Europe.

In addition to building a strong conceptual foundation in intervention science, he has also developed robust methodological and statistical skills. Dr. Jo earned a Measurement and Statistical Certificate from the University of Hawai'i, which has provided the skills to apply various research designs and methodological techniques to his research. For example, he has employed innovative methodological and statistical paradigms in his research program, including (a) Network Approach, (b) Multilevel Modeling, (c) Item Response Theory, and (d) Structural Equation Modeling. While much of this work has involved traditional frequentist inference, he has also applied Bayesian inference where appropriate.

***ALL ARE WELCOME***